

Club Fiesta: Release 42



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Routines:

Club Fiesta Release 42

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = HAPPY
1	Warm up	J-Balvin & Willy William vs. Garmiani ft. Julimar Santos	No example video (use supplied choreography steps)
2	Warm up 2	Kd One x Lil Jon - Vamos A Beber	Release 42 warmup 2
3	Plyometrics	Garmiani - Voodoo (feat. Walshy Fire)	Release 42 Plyometrics
4	Afro	MONALISA - LOJAY X SARZ X CHRIS BROWN	Release 42 Afro
5	Boxing	Nicki Minaj - Pound The Alarm	Release 42 Boxing
6	Dance	Big Freedia - "Chasing Rainbows" feat. Kesha	Release 42 Dance
7	Kpop	BLACKPINK - 'Pink Venom'	Release 42 Kpop
8	Salsa	Zuchu Ft Diamond Platnumz - Cheche	Release 42 Salsa
9	Latin	Pitbull x Farruko x IAmChino x El Alfa x Omar Courtz - Ten Cuidado	Release 42 Latin
10	Arms	Sak Noel - Ain't Nobody Stopping Me	Release 42 Arms
11	Legs	Tiësto & Ava Max - The Motto	Release 42 Legs
12	Floor	Tiësto, Jonas Blue, Rita Ora - Ritual	Release 42 floor
13	Stretch	Rema & Selena Gomez - Calm Down	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Side steps 2.Side taps plus arms 3.Leg curls 4.Punches Forward then Up 5.Grapevines 6.Drum arms + shimmy
2	Warm up2	<ol style="list-style-type: none"> 1.Step F+B with arm waves, plus knee lifts L+R 2.Side salsa then point point, touch head then 2 body waves 3.L leg low taps with twerks, 2 chest pumps then repeat other side 4.Side steps + front steps
3	Plyo	<ol style="list-style-type: none"> 1.Steps F and B with claps Right leg start x 4, then Left leg start x 4 2.Jumps F with shimmy, then twerk back 3.Burpees from squat position (Option stay low and take legs out then In) 4. Mountain climbers (Option lunges)
4	Afro	<ol style="list-style-type: none"> 1.SSD side steps, then front taps x 4 2.Walks F with waving hands, then side steps, repeat going back. 3.Low open knee drops x 2 , then 1 step to afro stamp Left then right 4.Shoulder touches, hip, head then side steps L+R (Monalisa)

Choreography:

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No.	Routine	Steps
5	Boxing	1.L arm jab front then Up x 4, repeat with R arm. 2. 4 x hooks then 4 x uppercuts 3.Sprints then floor slam 4.Capoiara 5.Low skull crushes x 8 L then R (Bridge: Low squats then 1 high jump)
6	Dance	1.3 x jabs then Hip thrust L+R 2.Side steps + 4 hip waves 3.1 x Side low body wave + 4 bollywood arms x 4 L+R 4.3 side steps moving to front with circle arms + pump, wave down, repeat moving back 5.Side steps with elbow arms (bridge: Hip bounces, then punching arms F F, +B B)
7	Kpop	1.Side steps + chest pumps L+R then 4 front heels 2.4 x head waves then 4 side steps 3.Cross arms + Flick with knee lifts x 3 then Step forwards with “come here” arms, Step L+R then shoulder drops with the Wow wow wow . 4.SSD front steps 5.End with chest pumps round the world L then R
8	Salsa	1.Side salsa then front salsa 2.Belly dance hips x 4 then hip drops x 3, repeat on other side 3.Side travels then body wave with arms moving up 4.Step forward x 2 with shakey hands , then step L+R with arms extending forward

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No.	Routine	Steps
9	Latin	<ol style="list-style-type: none">1.Clap Left x 3 then up, repeat other side2.Stomp left then chest circle, stop right then chest circle, speed it up3.Cumbia L then 2 x front steps, repeat other side4.Pumps moving forward, then side steps5.Leg stepping towards front, then twerk back with arm up, repeat other side
10	Arms	<ol style="list-style-type: none">1.Arms extended to side, thumb rotatios2.L arm Wall slams, repeat with R arm3.Both arms wall slams4.Arm rotations L+R5.Fast wall pumps
11	Legs	<ol style="list-style-type: none">1.2 x hip flicks L+R then 2 squats with strong arms2.Low hip dips3.Squats4.Squat walks F+B x 4 Left leg, then repeat Right leg
12	Floor	<ol style="list-style-type: none">1.Leg Kicks pulses, then side fire hydrants2.Straight leg circles then straight leg kicks3.Hip thrusts